Dietary Guideline #5

Fats

The love/hate relationship

The Good,

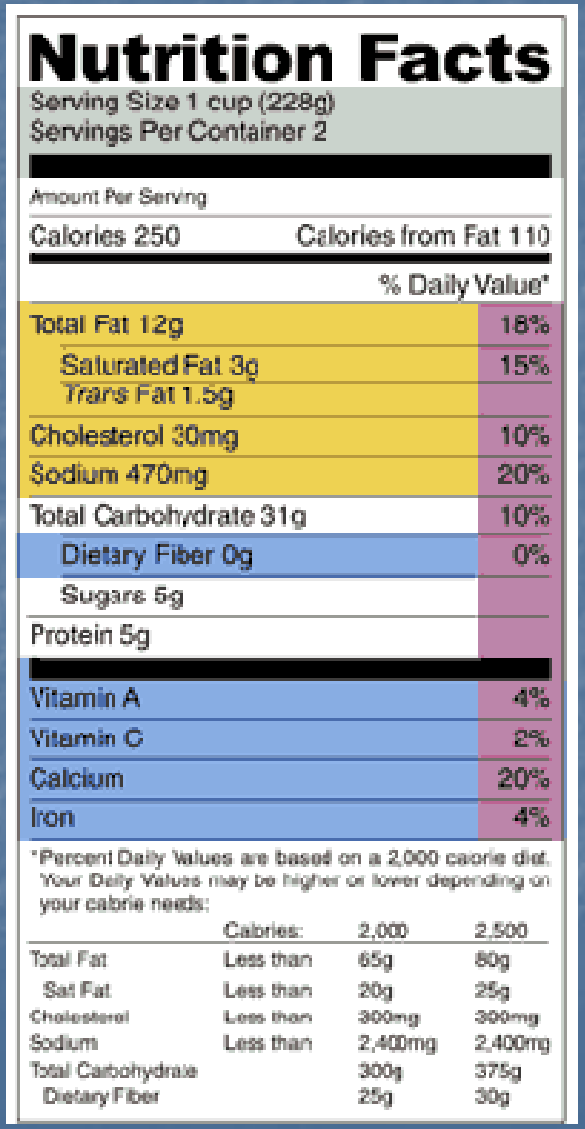
- Fats and oils can be part of a healthful diet.
- Fats serve many functions in our body including supplying energy and carrying Vitamins A, D, E, and K.

The Bad,

- They type of fat and how much you eat will affect your heart health.

The Ugly

- High intakes of these fats can increase your risk for coronary heart disease.
  - Saturated Fats
  - Trans Fats
  - Cholesterol
- These fats need to be listed on the Nutrition Facts label.



Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 | Calories from Fat 110

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Key Recommendations for Adolescents

- Keep total fat intake between 25-35% of total calories.
- Let most of the fats you eat be polyunsaturated and monounsaturated fats such as fish, nuts and vegetable oils.